

# AirSick 101

## AIRBRUSH TRAINING

### Barbells - Pumping up Your Skills

Download the free Barbell practice sheet and tape it down so it doesn't flutter around while painting. In this exercise we will be starting with a dot, and then move the dot horizontally across the page to create a line, then stopping with a dot. This practice should be done without changing your distance or moving the trigger back and forth.

Start about 2-4in. away from your surface. Push down for air, then pull back slowly for paint. While keeping the distance from your surface the same, lock your finger on the trigger and paint your first dot then move from left to right stopping at the next cross hair. Stop, build up paint to create your second dot, then slowly rock the trigger slowly foreword to cut off the flow of paint. Skip a space and paint another single barbell. On the next line go all the way across and try to maintain an even size in your line and dots. Again, your trigger pressure and distance should stay the same.

On the third example, we create a box. The idea is the same as before but this time we are going to go in all directions, up, down, left and right. Create diferent sized boxes, create zig zags, and most importantly be creative. You're much more likely to practice if you make it fun. Repetition and consistancy are crucial to advancing your techniques.

**EXERCISE: Barbells** Start with your airbrush 2-4 inches from the paper. Create a small dot on the move to the next cross hair creating a line, when you get to the next cross hair stop and hold the trigger creating the dot. Your distance from the paper and your trigger finger should stay consistent. Lines and shapes by moving up and down and left to right.



# AirSick 101

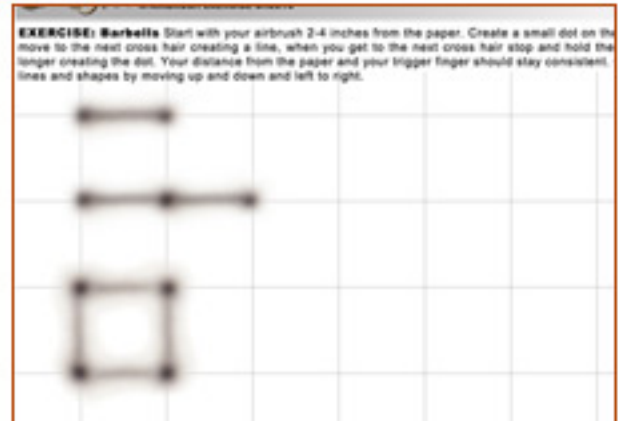
## AIRBRUSH TRAINING

### Barbells - Pumping up Your Skills

Download the free Barbell practice sheet and tape it down so it doesn't flutter around while painting. In this exercise we will be starting with a dot, and then move the dot horizontally across the page to create a line, then stopping with a dot. This practice should be done without changing your distance or moving the trigger back and forth.

Start about 2-4in. away from your surface. Push down for air, then pull back slowly for paint. While keeping the distance from your surface the same, lock your finger on the trigger and paint your first dot then move from left to right stopping at the next cross hair. Stop, build up paint to create your second dot, then slowly rock the trigger slowly foreword to cut off the flow of paint. Skip a space and paint another single barbell. On the next line go all the way across and try to maintain an even size in your line and dots. Again, your trigger pressure and distance should stay the same.

On the third example, we create a box. The idea is the same as before but this time we are going to go in all directions, up, down, left and right. Create diferent sized boxes, create zig zags, and most importantly be creative. You're much more likely to practice if you make it fun. Repetition and consistency are crucial to advancing your techniques.



**EXERCISE: Barbells** Start with your airbrush 2-4 inches from the paper. Create a small dot on the cross hair and move to the next cross hair creating a line, when you get to the next cross hair stop and hold there for a second longer creating the dot. Your distance from the paper and your trigger finger should stay consistent. Create different lines and shapes by moving up and down and left to right.

